

CoPE- HCP: COVID-19 disease and Physical and Emotional Wellbeing of the Health Care Professionals

PARTICIPANT INFORMATION SHEET

COVID-19: Physical and Emotional wellbeing of Healthcare Professionals (CoPE-HCP)

We would like to invite you to participate in the CoPE-HCP study, where we assess the physical and psychological impact of the current COVID-19 pandemic on healthcare professionals. We will collect data from both healthcare and non-healthcare professionals/academics. This will help us understand the differences in the impact of COVID-19 disease in the two groups. Please note that this study *is conducted in accordance with the ethical standards of the institutional research ethics committee (REC number 20/EE/0166) and is a registered clinical trial on clinicaltrials.gov (NCT04433260)*.

What is the purpose of the study?

Previous research has suggested healthcare professionals are at an increased risk of developing life-threatening infectious diseases through contact with patients' blood or bodily fluids or with aerosolised virus. This was true in the Ebola virus disease in 2014 and SARS a decade earlier, with high fatality rates recorded in healthcare professionals. The increased exposure and unprecedented changes to living and working environments undoubtedly have negative psychosocial impact on healthcare professionals. This is already evident in studies conducted in China, where there were high levels of anxiety and distress amongst healthcare professionals.

We want to monitor and study the physical and psychological impact of the current COVID-19 pandemic on healthcare professionals over a period of time. We also want to understand the impact of factors such as working hours and the rota, clinical guidance at work as well as provision of personal protective equipment (PPE) on the physical and emotional wellbeing of healthcare professionals.

Why have I been invited?

You have been invited as you are

- A healthcare professional (age 18 or above) in direct contact with patients
OR
- Hospital administrative or other support staff not in direct contact with patients,
OR
- a non-hospital based academic staff not expected to be in direct patient contact.

Do I have to take part?

No. Taking part in this study is entirely voluntary. You will not be at a disadvantage from not participating in this study.

What will happen to me if I decide to take part?

You will be asked to complete a set of questions about your current work and living environment, mental health and wellbeing. There will also be questions around the support available at your work place, the provision of PPE and your work pattern. This initial survey will take approximately 20 minutes

If you choose to receive follow-up surveys (sent at 6-weeks and 4-months), we will contact you with these follow-up questionnaires via email. This will entirely depend on your preference.

Similarly, you can choose to only do the first survey and not to take part in the follow up surveys.

We shall collect and store your data in accordance with the General Data Protection Regulation (GDPR). We will only require your email address. You will not be required to provide your name or home address at any point.

What are the possible benefits of taking part?

Whilst we do not foresee individual benefit from partaking in this study, your participation will contribute to a better understanding of the impact of COVID-19 on healthcare professionals. It is expected that there will be a second peak of the pandemic. We hope that information provided by you can guide the support to be provided to health care professionals in such future eventualities.

What are the possible risks of taking part?

We do not expect any risks occurring from participating in this study. If you feel distressed by any questions in the survey, there are links to support groups on the questionnaire as well as on our webpage. We take your health and wellbeing very seriously.

If you feel you need urgent support, please use urgent helplines (such as [Samaritans](#) on 116 123 or [Minds](#) on 0300 123 3393).

What if I change my mind about taking part?

You are free to withdraw from the study at any point, without providing a reason. This will not affect you in any way. We will keep the information that we have already obtained to ensure the research remains reliable and accurate. To protect your rights, we will use the minimal personally identifiable information possible.

What happens to my data?

We will need to use information from you for this research study. This information will include your email address and survey response(s). Your health records will not be accessed in any circumstance. People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead, which is linked to your email address so we can invite you to complete surveys over the study period. We will keep all information about you safe and secure. We may share anonymised data with trusted research collaborators via an official request.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

You can find out more about how we use your information through:

- www.hra.nhs.uk/information-about-patients/
- Email us at cope.hcp@qmul.ac.uk
- Data Protection Officer at Queen Mary University London

What will happen to the results of this project?

The results of this study will be published in academic research papers. It is likely that this information will also be circulated on social media websites including the research institute's webpage and platforms such as Twitter. This information may also be used to guide future Trust policies in similar pandemics. Once again, all information will be anonymised and will not be traced back to you.

If you have provided your email to us we shall email you the results of the study.

Who should I contact for further information?

Please contact us via email at cope.hcp@qmul.ac.uk for further information about the study.

However, please note that if you are concerned about your mental or physical health or any other health related issue, please contact your GP or occupational health departments. You may also like to use the [resources in our website](#).